

DID YOU KNOW?

BALLS FOOD STORES



In-network routine preventive care services and the related office visit for routine preventive care services are covered at 100 percent. Services must be billed with a primary diagnosis of preventive to be covered at 100 percent.

TAKE CARE OF YOURSELF— USE YOUR PREVENTIVE CARE BENEFIT!

Getting regular checkups and exams can help you stay well, catch problems early, and may be lifesaving. When you get these services from providers in the network, you don't have to worry about paying anything out of your own pocket for covered preventive care, such as screenings, immunizations, and exams. You may have to pay part of the costs if you use a provider outside the network.

PREVENTIVE VERSUS DIAGNOSTIC CARE

What's the difference? **Preventive** care is precautionary. **Diagnostic** care is used to find the cause of existing symptoms. For example, if your doctor suggests that you have a colonoscopy because of your age, that's preventive care. But, if your doctor suggests a colonoscopy to see what's causing your symptoms, that's diagnostic care, and you may need to pay part of the cost (this is your "cost share").

Preventive services include many types of services, subject to age and gender guidelines. To learn more about the preventive services offered by your plan, please visit www.ballsfoods.com/benefits/ and click on the covered preventive services link. Talk to your doctor for your specific preventive health recommendations.



Did You Know?

- 14,000 lives would be saved this year if the number of adults age 50 and older who are up-to-date with recommended colorectal cancer screenings increased to 90%. Today, fewer than 50% of adults are current.
- Women aged 40 and over should have annual mammograms to screen for breast cancer.
- Routine eye exams identify signs of diabetic eye disease and the care needed to prevent the progression of diabetic eye disease.
- Men are 24% less likely than women to have visited a doctor within the past year and are 22% more likely to have neglected their cholesterol tests.